

# Taco Soup

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Meat / Meat Alternate

Main Dishes, H-13

| Ingredients                            | 50 Servings |                 | 100 Servings |              | Directions   |
|--|-------------|-----------------|--------------|--------------|--|
|  | Weight      | Measure         | Weight       | Measure      |  |
| Raw ground beef (no more than 15% fat) | 4 lb 4 oz   | 2 qt            | 8 lb 8 oz    | 1 gal        | <b>1.</b> Brown ground beef uncovered over medium high heat in a large stock pot.<br><br><b>2.</b> Add spices. Stir well.<br><br><br><br><br><br><br><b>3.</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.<br><br><b>4.</b> Remove beef mixture and set aside for step 7.<br><br><br><br><br><br><br><b>5.</b> Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. |
| Chili powder                           |             | 1/2 cup         |              | 1 cup        |  |
| Ground cumin                           |             | 1/2 cup 2 Tbsp  |              | 1 1/4 cups   |  |
| Garlic powder                          |             | 1/4 cup         |              | 1/2 cup      |  |
| Onion powder                           |             | 1 Tbsp 1 tsp    |              | 2 Tbsp 2 tsp |  |
| Crushed red pepper                     |             | 2 tsp           |              | 1 Tbsp 1 tsp |  |
| Ground black pepper                    |             | 1 Tbsp 1 tsp    |              | 2 Tbsp 2 tsp |  |
| *Fresh onions, diced                   | 2 lb 4 oz   | 1 qt 2 1/2 cups | 4 lb 8 oz    | 3 qt 1 cup   |  |

|  |           |                                  |             |                                   |   |
|--|-----------|----------------------------------|-------------|-----------------------------------|---|
| Water  |           | 2 qt                             |             | 1 gal                             | <b>6.</b> Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes. |
| Ranch dressing, dry powdered mix                   | 2 oz      | 1/2 cup                          | 4 oz        | 1 cup                             |   |
| Canned no-salt-added crushed tomatoes              | 6 lb 6 oz | 3 qt 1 cup (1 No. 10 can)        | 12 lb 12 oz | 1 gal 2 qt 2 cups (2 No. 10 cans) |   |
| Canned low-sodium salsa                            | 2 lb      | 1 qt                             | 4 lb        | 2 qt                              |   |
| Canned no-salt-added corn, drained                 | 2 lb      | 1 qt 1 cup (1/2 No. 10 can)      | 4 lb        | 2 qt 2 cups (1 No. 10 can)        |   |
| Canned no-salt-added kidney beans, drained, rinsed | 7 lb      | 1 gal 2 1/2 cups (2 No. 10 cans) | 14 lb       | 2 gal 1 qt 1 cup (4 No. 10 cans)  |   |
| or *Dry kidney beans, cooked (See Notes)           | 7 lb      | 1 gal 2 1/2 cups                 | 14 lb       | 2 gal 1 qt 1 cup                  |   |

**7.** Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.

**8.** Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

**9.** Transfer to a steam table pan (12" x 20" x 2 1/2").

**10.** Serve immediately or cover and place in a

11. Critical Control Point: Hold for hot service at 135 °F or higher.

12. Portion with 8 fl oz spoodle (1 cup).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

Legume as Vegetable: 1 oz equivalent meat/meat alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup vegetable.

Legume as Vegetable: 1 oz meat/meat alternate and ¾ cup vegetable.

## How to Cook Dry Beans

Special tip for preparing dry beans:

### SOAKING BEANS

OVERNIGHT METHOD: Add 1  $\frac{3}{4}$  qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1  $\frac{3}{4}$  qt of water for each 1 lb of dry beans. Add beans and

boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### COOKING BEANS

Once the beans have been soaked, add 1  $\frac{3}{4}$  qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry kidney beans = about 2  $\frac{1}{2}$  cups dry or 6  $\frac{1}{4}$  cups cooked beans.

| Marketing Guide       |             |             |
|-----------------------|-------------|-------------|
| Food as Purchased for | 50 Servings | 50 Servings |
| Onions                | 2 lb 10 oz  | 5 lb 4 oz   |
| Dry kidney beans      | 3 lb        | 6 lb        |

| Serving   | Yield  | Volume   |
|-----------|--|--|
| See Notes | <b>50 Servings:</b> about 26 lb<br><br><b>100 Servings:</b> about 52 lb 8 oz | <b>50 Servings:</b> about 3 gallons 1 quart / 2 steam table pans (12" x 20" x 2 1/2")<br><br><b>100 Servings:</b> about 6 gallons 2 quarts / 4 steam table pans (12" x 20" x 2 1/2") |

| Nutrients Per Serving |         |               |           |               |          |
|-----------------------|---------|---------------|-----------|---------------|----------|
| Calories              | 235.29  | Saturated Fat | 1.92 g    | Iron          | 3.21 mg  |
| Protein               | 15.23 g | Cholesterol   | 26.02 mg  | Calcium       | 86.47 mg |
| Carbohydrate          | 25.94 g | Vitamin A     | 207.56 IU | Sodium        | 284.9 mg |
| Total Fat             | 5.57 g  | Vitamin C     | 2.62 mg   | Dietary Fiber | 7.39 g   |